

AMENDMENTS TO THE CLAIMS

Please amend claims 3, 4, 8, 13-19, with the following amended claims. Please add new claims 21-27. Please cancel claims 5-7, 9-11 and 20 without prejudice or disclaimer of the subject matter therein.

1. (original) A short sleep/nap management apparatus comprising sensor means to detect one or more physiological parameters associated with a transition in sleep stages from wakefulness, processing means to process said parameters to determine when said transition is reached and start a timer to run for a predetermined period, and alarm means to actuate at the end of said predetermined period.
2. (original) A short sleep/nap management apparatus comprising sensor means to detect one or more physiological parameters associated with a transition in sleep stages from wakefulness, said transition being any point in time from the onset of stage 1 or stage 2 sleep, to an event preceding onset of stage 3 sleep, processing means to process said parameters to determine when said transition is reached and start a timer to run for a predetermined period, and alarm means to actuate at the end of said predetermined period.
3. (currently amended) A short sleep/nap management apparatus as claimed in claim 1 or 2 wherein said predetermined period is user adjustable.
4. (currently amended) A short sleep/nap management apparatus as claimed in claim 1 ~~any one of claims 1 to 3~~ wherein said sleep management apparatus includes a second timer to run for a second predetermined period to an absolute time, wherein said alarm means actuates at the end of said second predetermined period.
5. (canceled)
6. (canceled)
7. (canceled)

8. (currently amended) A short sleep/nap management apparatus as claimed in claim 1 ~~any one of claims 1 to 7~~ wherein said sensor means senses heart/pulse rate.
9. (canceled)
10. (canceled)
11. (canceled)
12. (original) A method of achieving a short sleep or nap comprising detecting one or more physiological parameters associated with a transition in sleep stages from wakefulness, determining when said transition is reached and timing a predetermined period, and actuating alarm means at the end of said predetermined period.
13. (currently amended) A method as claimed in claim 12 ~~of achieving a short sleep or nap comprising detecting one or more physiological parameters associated with a transition in sleep stages from wakefulness, wherein said transition being is~~ any point in time from the onset of stage 1 or stage 2 sleep, to an event preceding onset of stage 3 sleep, ~~determining when said transition is reached and timing a predetermined period, and actuating alarm means at the end of said predetermined period.~~
14. (currently amended) A method as claimed in claim 12 ~~or 13~~ including providing for said predetermined period to be user adjustable.
15. (currently amended) A method as claimed in claim 12 ~~any one of claims 12 to 14~~ including providing a second timer to run for a second predetermined period, wherein said alarm means actuates at the end of said second predetermined period.
16. (currently amended) A method as claimed in claim 12 ~~any one of claims 12 to 15~~ wherein said transition is any point in time from the onset of stage 1 sleep, to an event preceding onset of stage 2 sleep.
17. (currently amended) A method as claimed in claim ~~16~~ 12 ~~wherein~~ said transition is a point in time at or shortly after the onset of stage 1 sleep.

18. (currently amended) A method as claimed in claim 12 ~~any one of claims 12 to 17~~ including providing for said transition point to be user adjustable.
19. (currently amended) A method as claimed in claim 12 ~~any one of claims 12 to 18~~ wherein the detecting of said transition utilises sensor means to sense heart/pulse rate.
20. (canceled)
21. (new) A short sleep/nap management apparatus as claimed in claim 2 wherein said predetermined period is user adjustable.
22. (new) A short sleep/nap management apparatus as claimed in claim 2 wherein said sleep management apparatus includes a second timer to run for a second predetermined period to an absolute time, wherein said alarm means actuates at the end of said second predetermined period.
23. (new) A short sleep/nap management apparatus as claimed in claim 2 wherein said transition is any point in time from the onset of stage 1 sleep, to an event preceding onset of stage 2 sleep.
24. (new) A short sleep/nap management apparatus as claimed in claim 2 wherein said transition is a point in time at or shortly after the onset of stage 1 sleep.
25. (new) A short sleep/nap management apparatus as claimed in claim 2 wherein said transition point is user adjustable.
26. (new) A short sleep/nap management apparatus as claimed in claim 2 wherein said sensor means senses heart/pulse rate.
27. (new) A short sleep/nap management apparatus as claimed in claim 26 wherein said one or more parameters detected is a significant change in average heart rate, being sustained rather than transient or temporary.